



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 01105, Milk, chocolate beverage, hot cocoa, homemade

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	82.45	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Energy	kcal	77	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	02/2009
Energy	kJ	324	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	08/2010
Protein	g	3.52	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Total lipid (fat)	g	2.34	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Ash	g	0.65	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	08/2010
Carbohydrate, by difference	g	10.74	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	02/2009
Fiber, total dietary	g	1.0	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2003
Sugars, total	g	9.66	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Sucrose	g	5.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Glucose (dextrose)	g	0.01	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Fructose	g	0.01	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Lactose	g	4.63	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Maltose	g	0.01	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Galactose	g	0.01	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Minerals													
Calcium, Ca	mg	114	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	08/2010
Iron, Fe	mg	0.42	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	08/2010
Magnesium, Mg	mg	23	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	08/2010
Phosphorus, P	mg	105	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	08/2010
Potassium, K	mg	197	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sodium, Na	mg	44	--	--	--	--	--	--	--	--	-- combinations of source codes 1 & 12	--	08/2010
Zinc, Zn	mg	0.63	--	--	--	--	--	--	--	--	-- combinations of source codes 1 & 12	--	08/2010
Copper, Cu	mg	0.103	--	--	--	--	--	--	--	--	-- combinations of source codes 1 & 12	--	08/2010
Manganese, Mn	mg	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Selenium, Se	µg	2.7	--	--	--	--	--	--	--	--	-- combinations of source codes 1 & 12	--	01/2003
Fluoride, F	µg	3.1	--	--	--	--	--	--	--	--	-- combinations of source codes 1 & 12	--	08/2010

Vitamins

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid	mg	0.2	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2003
Thiamin	mg	0.039	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	08/2010
Riboflavin	mg	0.182	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2003
Niacin	mg	0.133	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2003
Pantothenic acid	mg	0.328	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Vitamin B-6	mg	0.040	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2003
Folate, total	μg	5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folic acid	µg	0	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2003
Folate, food	µg	5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Folate, DFE	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Choline, total	mg	15.6	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	02/2009
Betaine	mg	0.9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin B-12	µg	0.49	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	02/2009
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	51	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	08/2010
Retinol	µg	51	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2003
Carotene, beta	µg	4	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	02/2009
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2003
Vitamin A, IU	IU	176	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lycopene	µg	0	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2003
Vitamin E (alpha-tocopherol)	mg	0.03	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	02/2009
Tocopherol, beta	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Tocopherol, gamma	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Tocopherol, delta	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D (D2 + D3)	µg	1.1	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	02/2009
Vitamin D3 (cholecalciferol)	µg	1.1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D	IU	45	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	02/2009
Vitamin K (phylloquinone)	µg	0.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Lipids													
Fatty acids, total saturated	g	1.431	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
4:0	g	0.071	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2003
6:0	g	0.037	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0	g	0.019	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2003
10:0	g	0.045	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2003
12:0	g	0.050	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2003
13:0	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
14:0	g	0.163	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	08/2010
15:0	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
16:0	g	0.640	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
17:0	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
18:0	g	0.369	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	08/2010
20:0	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
22:0	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Fatty acids, total monounsaturated	g	0.677	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
14:1	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
15:1	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
16:1 undifferentiated	g	0.025	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	08/2010
17:1	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
18:1 undifferentiated	g	0.628	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1	g	0.002	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2003
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2003
Fatty acids, total polyunsaturated	g	0.084	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
18:2 undifferentiated	g	0.074	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	08/2010
18:3 undifferentiated	g	0.008	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	08/2010
18:4	g	0.000	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2003
20:3 undifferentiated	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2003
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2003
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2003
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2003
Fatty acids, total trans	g	0.078	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	08/2010
Fatty acids, total trans-monoenoic	g	0.072	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol	mg	8	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2003
Stigmasterol	mg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Campesterol	mg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Beta-sitosterol	mg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Amino Acids													
Tryptophan	g	0.037	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Threonine	g	0.095	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Isoleucine	g	0.169	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Leucine	g	0.305	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Lysine	g	0.215	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Methionine	g	0.076	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Cystine	g	0.099	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Phenylalanine	g	0.150	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tyrosine	g	0.141	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Valine	g	0.201	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Arginine	g	0.099	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Histidine	g	0.067	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Alanine	g	0.102	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Aspartic acid	g	0.276	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Glutamic acid	g	0.719	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Glycine	g	0.056	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Proline	g	0.340	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Serine	g	0.184	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Caffeine	mg	2	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2003
Theobromine	mg	68	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2003